

Being Active as a Family
from the series
Active Me, Healthy Me

**Produced by
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Facilitator's Guide
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Active Me, Healthy Me Being Active As a Family

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Being Active as a Family
From the Series: Active Me, Healthy Me
Viewing Time: 14 minutes

INTRODUCTION

Childhood obesity is a growing concern for parents, educators, and health care providers. The number of overweight children has more than doubled over the past 20 years. (Being obese or overweight means that a child's weight is over the 95th percentile on the [Body Mass Index) BMI-for-age charts for children, NCHS-United States Growth Charts, <http://www.cdc/growthcharts/>]. When a child's weight rises steeply in comparison to height, overweight or obesity may be indicated.

How does this happen? Research is showing that there are many reasons for why both children and adults become overweight. To some extent genetics determines our body shape and size. Our parents give us their genes for height, body build, and bone size. In addition, people metabolize food at various rates, which means we all use and store food differently in our bodies. Some people burn more calories than others while engaged in similar activities. Still, some people tend to be more physically active than others.

Because the rate of childhood obesity is at epidemic proportions, scientists agree that the primary cause of overweight children is not genetics but environmental. In other words, what children are eating and doing contributes the most to the problem of childhood obesity and overweight. Surveys show that sedentary children are at risk for becoming sedentary adults. Likewise, poor eating habits seem to be established early in life. Obesity and overweight in adulthood are associated with many chronic health problems including diabetes, heart disease, and cancer. Furthermore, being overweight may contribute to social problems and low self-esteem particularly during adolescents.

SUMMARY OF PROGRAM

Being Active as a Family is part of the ***Active Me, Healthy Me*** series. In this program, physical activity for the whole family is explored. Practical guidelines are provided for developing children's physical, cognitive, and social skills through movement, which also improves strength, endurance, and flexibility. Ways to create a safe and "active-friendly" environment at home are demonstrated. Creative, safe, and age appropriate activities for infants, toddlers, preschoolers, and school-age children are demonstrated. Activity for the whole family is emphasized to inspire children to make physical activity a part of a healthy lifestyle. Family mealtimes where children are exposed to a variety of foods and a creative eating environment are also shown to exemplify the importance of good nutrition and role modeling in the development of healthy eating habits.

INSTRUCTIONAL NOTES

Before presenting these lessons to your audience, we suggest that you preview the program, review the guide, and the accompanying Blackline Master activities in order to familiarize yourself with their content.

As you review the materials presented in this guide, you may find it necessary to make some changes, additions, or deletions to meet the specific needs of your audience. We encourage you to do so, for only by tailoring this program to your audience will they obtain the maximum instructional benefits afforded by the materials.

AUDIENCE PREPARATION

Prepare the audience prior to viewing the program by introducing the key vocabulary terms used in the program. Allow time to discuss challenges experienced in regards to keeping children active at home. Some of the challenges may include lack of time, lack of money, lack

of motivation, lack of space, to many age groups to include, or simply being overly tired. All of their challenges are worth noting. It may be helpful to keep a list of these challenges, which can be revisited after viewing the program. After viewing the program is a great time for the audience to use the new suggestions to help overcome challenges.

Key vocabulary terms:

Obesity

- Childhood obesity means that a child's BMI (Body Mass Index) measures over the 95th percentile as indicated on specialized BMI Index Percentile-For-Age charts recently revised by a team of experts from the Center for Disease Control and Prevention.

Chronic Disease

- Chronic diseases are associated with lifestyle patterns and behaviors. They are characterized by a slow onset and often continue for a lifetime. They may be treatable (some forms of cancer) or managed (heart disease, diabetes, hypertension).

Physical Activity

- Physical activity are body movements which require energy. Physical activity is the major way to increase energy expenditure ("burning calories") and provides muscle strength, flexibility, and endurance. Physical activity has been shown to be a key factor in weight and disease management. Physical inactivity appears to be one of the major factors contributing to the current increase in obesity.

AUDIENCE OBJECTIVES

After viewing the program and completing the follow-up activities, viewers should be able to:

- List ways to keep children active at home and how to be active with children.

- Explain how parents can effectively model physical activity in the home to exemplify healthy eating and activity habits for a lifetime.
- Describe activities that support a wide range of skill development from infancy through the school years.
- Identify the health and social problems associated with overweight and obesity and how physical inactivity contribute to obesity and overweight.
- Describe the benefits of family style dining and the importance of allowing children to serve themselves.

INTRODUCING THE PROGRAM

To make *Being Active as a Family* more meaningful, it is important for the audience to understand the critical nature of overweight and obesity. There will most likely be overweight and/or obese people in the audience, making it uncomfortable to address the health risks associated with obesity. Obesity should be addressed as a condition that contributes to increased risk for health problems. Never refer to overweight or obese people as "fat." Refer to overweight and obesity in clinical terms, i.e., as defined by health professionals. Parents should be advised to focus on a child's health and social well-being, not a child's weight. Emphasis should be on making activity fun and enjoyable and helping parents find ways to include activity into a daily routine for the long term.

In adults, obesity is classified as a BMI of greater than 30. Overweight refers to a BMI of between 25 and 29.9. BMI is a measure of weight relative to height, and is used to monitor the associated risk of obesity and chronic disease. Chronic disease is the category of disease that is linked to lifestyle factors such as diet, level of physical activity and exposure to toxins. The chronic diseases most often associated with obesity and overweight are cardiovascular disease (including heart disease, hypertension, and stroke), diabetes and some forms of cancer, obesity and overweight may contribute to sleep apnea and arthritis.

Overweight children do not show a greater risk for the development of these conditions any more than other children. However, preventing overweight in childhood may eliminate many of the adverse health and economic consequences associated with obesity later in life. In addition to decreasing quality of life, adult obesity can cause premature death.

Many factors contribute to the overall rise in childhood and adult obesity. Genetics play a role; however, that childhood obesity is rising regardless of age, sex, socioeconomic, or ethnic background suggests that lifestyle factors play a much larger role in the onset of overweight and obesity. Poor diets, the inability for children to self regulate their food intake, a greater reliance on TV and computers for entertainment, and increased physical inactivity have all been indicated as reasons why childhood obesity is at epidemic levels in the United States today. This program will outline how daily physical activity benefits the whole family. It will address the importance of role modeling healthy eating and physical activity behaviors so children can learn healthy lifestyle habits for the long term.

VIEW THE PROGRAM

Running Time: 13 minutes

DISCUSSION QUESTIONS

The following are suggested topics to discuss before and after viewing the program: (The bulleted questions should be asked after the program as a way of reviewing the material.)

1. Childhood obesity and overweight is increasing in the United States.
 - What seems to be the major causes of overweight and obesity in the US?

2. Through role modeling and participating in play and activities with children, parents and caregivers have an important role in helping children develop healthy lifestyle habits and appreciate activity.

- What are some changes you could make at home that would serve to model the importance of being active everyday?

3. Activities for children should include play that uses large muscles such as running, jumping, dancing, climbing, and throwing, as well as activities that use small muscles, such as building with blocks, playing with puzzles, engaging in various types of arts and crafts, and reading.

- What activities can you think of that you would consider doing with your children that would use both large and small muscles?

4. Serving meals family style encourages children to make their own food choices and helps them to stay in touch with their internal cues for hunger and satiety (fullness).

- What are some challenges you face serving meals at the table, family-style? What are some changes you and your family could feasibly make to serve healthier meals and eat together more often?

DESCRIPTION OF BLACKLINE MASTERS

Blackline Master #1, In the Kitchen With Kids, includes a list of kitchen safety guidelines in order to prevent accidents while cooking with children.

Blackline Master #2, Snacks Children Can Help Prepare, includes a selection of fun, inexpensive, and healthy recipes that encourage children's participation in the kitchen.

Blackline Master #3, Eating Together as a Family, includes a list of ideas to help make meal times and "family style dining" a success.

Blackline Master #4, Nutrition and Activity Resources, includes a list of books and websites, for families that reinforce the benefits of physical activity, proper nutrition, and family-style dining.

Blackline Master #5, Tips to Help Keep Your Family Active and Healthy, includes a list of suggestions to help motivate and encourage parents and care providers to overcome the challenges of making being active a part of their daily routine.

Blackline Master #6, Getting Ready to Get Active as a Family, includes a list of questions for parents and care providers to reflect on and to encourage making specific changes that will help facilitate daily activities for their family. This can be filled out one-on-one with an educator, discussed in a large group, or taken home and filled out with the family.

Blackline Masters #7, Monthly Calendar of Activities for Families to Do Inside and Out, a month by month guide of family activities that encourage being active together.

REFERENCE MATERIALS

Kids in Action: Fitness in Children, President's Council on Physical Fitness and Sports, 1992.

Safe Food for Children, Preventing Food Borne Illness in Child Care Centers and Family Child Care Homes., Washington State University Cooperative Extension and USDA, 2002, EB 1868.

Physical Activity Guidelines for Infants and Toddlers, National Association for Sport and Physical Education (NASPE), 2002, Stock number 304-10254.

Prevalance of Overweight Among Children and Adolescents, National Center for Health Statistics, Health E Stats, Center for Disease Control, 1999.

More American Children and Teens are Overweight, National Center for Health Statistics, Center for Disease Control, News Release, 2001.

Motivating Kids in Physical Activity. President's Council on Physical Fitness and Sports. Research Digest, Series 3, No. 11, Sept. 2000.

SCRIPT OF NARRATION

Introduction

My family is more important than anything and of course I want us all to be as healthy and as happy as we can. But I was worried that we slipped into some bad habits.

Eating junk food, too much TV - that sort of thing.

I guess you could say we were "in a rut," and I didn't know what to do.

As a doctor, I see many families who've developed some bad habits - watching too much television, not staying active - and this is never healthy. I always remind parents, "The best way to help your family break out of any habit is to start is with yourself."

I realized that everyday my habits are becoming my children's habits, so now I make choices that are both healthy and fun.

As a parent, you of course want your children to develop healthy, good, lifelong habits. And one of the absolutely best ways that you can achieve this is by staying active. So let's learn about the benefits and steps to help your family to stay active.

Active Me, Healthy Me. Program Three: Being Active as a Family

Benefits for an active family

There are so many benefits for an active family. Together you become stronger, healthier, happier. Together you experience more, learn more, and have more fun. Together you are developing good, healthy, life-long habits.

Kids have a natural energy. They need to move. Small movements like putting together puzzles, playing with toys, drawing and coloring, will work the muscles in the hands and arms, and develop hand-eye coordination.

Big movements such as walking, running, climbing, jumping, and lifting helps to build flexibility, strength, balance and endurance. Simply put, movement helps create healthy bodies.

Without enough activity in their lives it's easy for children to become overweight or even obese. This may be setting them up for a lifetime of problems including diabetes, high blood pressure and heart disease. I tell parents, "You're the best role model the children have. If they see you eat healthy foods and stay active. If they see you turn the TV off and get up, get active and have fun, then they will, too."

And of course all activity helps develop the mind. Too much television, video and computer games is precious time taken away from children experiencing their own imaginations.

Sitting around watching TV, they get kind of cranky - I guess from boredom. But when we get up and do stuff - actually accomplish things - I think they just feel better.

To do is to learn. To see is to learn. To touch and feel is to learn. To explore with your feet and explore with your

hands, is to explore with your mind. And all this, of course, gives a big boost to self-esteem, helping kids feel better about themselves.

And don't forget, being active is great for the whole family and that includes you. Being active is great for your body, it's great for your mind, and it's great for your spirit.

I love it. For me doing things with my kids is the best part of my day. I guess you could say it reduces stress or whatever. I just feel better.

Setting up an active-friendly home

Now, the first step to helping children stay active is to set up an active-friendly home which means a place that's safe, organized, with room to play.

Safety must come first. Take the time to stop, look, and think about what and where are the potential dangers. Get down on your hands and knees, see things from a child's perspective. Make sure to avoid:

- ◆sharp or pointed objects,
- ◆cords or other objects that dangle,
- ◆small objects that children could choke on,
- ◆tripping hazards,
- ◆outlets without safety covers,
- ◆and materials cabinets without safety latches.

All day, everyday, indoors and out, we must constantly look out for these dangers.

The next step to an active-friendly home is to be organized. Making a mess is a natural part of an active life. But so is cleaning up. It's important to let children clean up the messes they make, which, of course, is not always easy.

I've learned to keep the different toys and activities in the same places. The children know that when clean up time comes, the blocks go here, the cars go here. Then when it's time to play again, they know right where to find them.

And the last step is: Find room to play. Even if space is limited, create areas to let their bodies and their imaginations run free. Sometimes it's fun to allow any room to be transformed into a fort or a castle.

Keeping Active as a Family

Every day, inside and out, there is a lot of interesting activities to do. And the best way to help your children be active, is to be active yourself. Don't be shy. Have fun. Join them. Be a kid again. When they see you being active, they will naturally want to join in.

We just get down on the floor together and play for hours. Monica is learning how to lift her head, how to reach, even how to push herself up a bit. Ryan wants to try everything and anything. We put together puzzles, play catch, peek-a-boo, just everything is fun for us. Oh gosh, we play with toys, or we play board games, we play sports. I help them set up obstacle courses.

My kids love music. And so do I. Music really gets us going. They like to play freeze dance; they get to move, dance, be goofy. Then the music stops! No one moves until the music starts again.

Oh yeah, music is always good. It comes in handy when it's time to do chores. They're not always the best helpers, but that's how they learn, right? We make it fun. And of course there's art. You can draw each other, you can draw something you see, or you can tell a story with your pictures.

We like to make things out of, oh, just lots of stuff around the house. We cut and glue and make puppets or cars or just about anything. Every season and every holiday we

make our own decorations. Outside of course, there's a lot to do. For a young child every little spot holds a world of wonders.

I love watching my kids just roam and explore the outside. Even the simple things - that I take for granted - seem fascinating to them. I have to work, so sometimes it's hard to find the time, but I do it. I make it a choice. It's my favorite time of the day, being with them outdoors, exploring the world. It helps me relax.

Walking is an absolutely wonderful activity. It's fun and it's free! You can walk with your children to the zoo, or the library, you can walk together while you do errands.

Well, we like to go to the park almost everyday. I love the fresh air, the walking, enjoying our time together. And if they get a little dirty, well that's no big deal, it's a small price to pay. We even make doing the laundry into a fun activity together.

And when it's colder outside, don't let that stop you. You and your children can bundle up and continue your walks. Even when it snows, you can go sledding, build a fort, or make a snowman.

Parks can also be a great place to meet and play with other families. Some parents create playgroups, getting together at regular times. Or maybe you can do other activities together: having a picnic, or a big game, going to museums, or the water.

Look for a community recreational center. Often times they have organized activities for all ages, or an open gym, or even a swimming pool. Many centers offer family rates or even financial aid.

Books. Reading can be a great activity no matter what the age. They like to hold the books or turn the pages. Often they like to stand and act out the stories they hear.

And no doubt: Reading is a great way to get their imaginations active.

And then when it's bedtime, after a full day, your kids and you will definitely be ready for a rest.

Staying active while eating right

Meals are a great way to stay active as a family. Some families even enjoy gardening together. Start with meal planning by making a list of what you want to buy. This will help you remember to avoid junk foods and focus on healthy, well-balanced meals, with plenty of fruits and vegetables. At the store select a variety of healthy foods. And give your kids the responsibility of helping choose the best, most nutritious foods. Maybe they can even help you read the labels.

Back home your kids can help with the food preparation and cooking becomes a terrific activity. Children can help clean and rinse, measure and pour, peel, mix, stir, roll, mash, spread and have fun, all while learning what goes into their meals. And best of all they will be more likely and willing to try new foods if they shopped for, grew, and prepared them. Then, of course, eat together as a family. There's never a better activity for connecting with and bonding with your family.

I know some families that only eat while watching TV. They're missing out on so much interesting, fun times with their kids.

I try to really listen to my children. When I remember to listen and not lecture, that's when they really open up and tell me what's on their minds.

Conclusion

We hope you've enjoyed learning with us the many great benefits of staying active as a family, and the many steps to take:

Create an active-friendly environment that's safe, organized, with room to play.

Getting down, playing with my kids - that's fun.

We play games, pretend.

We create art, make things.

And your meals can become an activity itself.

We shop together.

Cook together.

Eat together.

And enjoy a variety of healthy foods.

Busy feet, busy hands, busy minds. Learning and growing, experiencing the world, making life into an adventure, together.

BEING ACTIVE as a FAMILY from the ACTIVE ME, HEALTHY ME series

IN THE KITCHEN WITH KIDS (Children Can Help, Learn, and Grow)

Children learn by doing. Involving children in food preparation encourages them to try new foods, to cooperate, and helps children to feel good about themselves. When a child is helping in the kitchen, some safety guidelines are important to follow when children handle food.

Safety in the Kitchen

Food Safety:

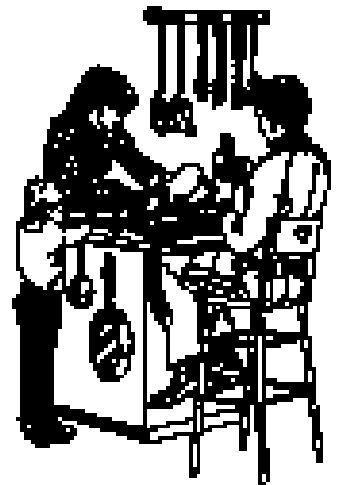
- Wash hands with soap and warm water before and after preparing and working with food.
- Do not leave cold or hot foods at room temperature for more than one hour.
- Practice "Take the one you touch" when children handle any food items.
- Provide child size utensils and mixing bowls.
- Work in clear, clean areas. (Use 1/4 teaspoon of bleach to 1 quart of water to sanitize food prep surfaces prior to use.)

Physical Safety:

- Adults should always be present when food is being prepared.
- Children should be seated when working, and walk, not run, in and out of the food prep area.
- Use a cutting board to chop foods.
- Adults should closely supervise knife use and operate all appliances.
- Appliances should be unplugged when not in use.
- Clean up spills immediately. Have paper towels close at hand.
- Use a pot holder when handling hot foods.
- Model for children safe kitchen habits, i.e., holding hot pads, proper knife use, wiping up spills, avoid hand to mouth contact.
- Organize the area used for food preparation and activities, and the foods for preparation prior to children entering the food area.
- Provide adequate work space for each child.
- Provide only age appropriate foods.

Never serve the following foods to children:

- ⊗ Unpasteurized milk, dairy products, or fruit juice.
- ⊗ Raw or undercooked meat, poultry, fish, eggs.



BEING ACTIVE as a FAMILY from the ACTIVE ME, HEALTHY ME series

SNACKS CHILDREN CAN HELP PREPARE

Flour Tortilla Roll-up (Wagon Wheels)

Spread whipped cream cheese on a whole wheat flour tortilla.

Add filling: grated cheese, lettuce or basil leaves, and sliced tomato, slices of red pepper.

Roll the tortilla up and slice into 1" pieces. Arrange in a circle on a plate.

Refrigerate until ready to serve.

Vegetable Chips and Dip

Green and yellow zucchini, cucumber, jicama chips.

Slice vegetables at a diagonal about 1/4" thick so they can be used as crackers.

Arrange on a platter.

Serve with Ranch or buttermilk dressing for dipping. (Instead of bottled dressing, buy the envelopes and add low-fat buttermilk and yogurt instead of mayonnaise.) Refrigerate until ready to serve.



Ants on a Log

Cut cleaned celery stalks into thirds.

Spread cream cheese into each piece.

Add raisins or dried cranberries to make the ants.

Arrange on a plate.



Trees in a Blanket

From refrigerator ready-made crescent rolls, roll each section out onto a cutting board.

Wash broccoli flowerets and cut into small pieces.

Grate cheddar cheese and mix with the broccoli pieces.

Add a tablespoon of cheese and broccoli to each rolled out crescent roll.

Roll them up and place on a cookie sheet. Follow directions for baking rolls.

Refrigerate until ready to serve. Reheat until warm if possible.

Fruit Kabobs

Prepare a yogurt dressing by stirring cinnamon and nutmeg into vanilla yogurt.

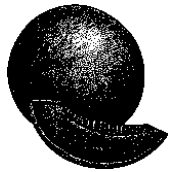
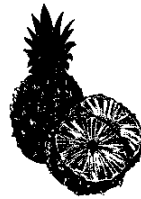
Wash and cut up an assortment of fruit, such as melon, watermelon (make melon balls!) mangoes, and nectarines.

Arrange on a large platter with grapes, berries, and pineapple chunks

Supply a package of thin or medium thick straws.

When ready to serve give each child a straw and a paper plate. Encourage each child to select the fruit they want to skewer onto the

straws using a tong or fork to pick up the fruit. Serve with the yogurt dressing.

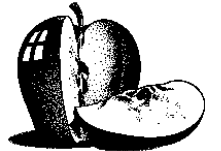


Moose Lips

Cut washed, red apples into thin slices and soak in orange juice for 5-10 minutes.

Spread 1/2 of the slices with peanut butter and arrange on a platter.

Top each with a few small marshmallows, then top with another apple slice. Refrigerate until ready to serve.



Bagel Face Sandwiches

Use mini bagels that have been halved.

Spread each halve with cream cheese

Place assorted vegetables and fruits (shredded lettuce, thinly sliced red peppers, sliced strawberries, sliced carrots, halved cherry tomatoes, slivered cucumbers) on plates. Let children create a face on top of the cream cheese from the assorted fruits and vegetables.



Fishing For Goldfish

Use mini pretzel sticks as the fishing rod. Place several teaspoons of cream cheese on individual plates with goldfish crackers. Children dip the pretzel into the cream cheese and then try to "catch" the goldfish.

BEING ACTIVE as a FAMILY from the ACTIVE ME, HEALTHY ME series

Eating Together as a Family

Allow your children to decide how much food they eat. When children eat when they are hungry and stop when they are full, they will eat just the right amount of food they need to grow strong and healthy. Below are suggestions to help make cooking with children and eating, safe and enjoyable for you and your children.

What Parents Can Do:

What Foods are Offered

- ☉ Choose and serve healthy foods most often.
- ☉ Provide a variety of variety during meals and snacks.

When the Food is Offered

- ☉ Offer a variety of snacks in between meals.
- ☉ Avoid allowing children to snack all day.

Where the Food is Offered

- ☉ Provide an eating space where children can comfortably sit while eating.

What Children Can Do:

What Foods They Eat

- ◆ When introducing a new food, serve at least one other food that you know is liked.

How Much They Eat

- ◆ Encourage children to eat by sitting and eating with them.
- ◆ Children will learn by watching you, sit down and eat with your children and try a little bit of everything.
- ◆ Eat as a family and allow children to pass the food around the table.

Whether They Eat at All

- ◆ Establish an eating schedule and stick to it.
- ◆ Remind children food will be offered again at the next snack or meal time.
- ◆ Never force, and avoid bribing a child to eat.

When eating together as a family remember:

When eating together as a family, pass the food around the table and give your children choices.

○ Establish a Mealtime Routine:

Wash hands, children can help set the table, don't make young children wait for their food once they are seated, and make sure that each child has enough space to eat comfortably.

○ Sit down and Eat with the Children:

Help young children serve themselves, allow older children to help the younger children, teach "take what you think you will eat," practice "take the one you touch," talk with children while eating.



BEING ACTIVE as a FAMILY from the ACTIVE ME, HEALTHY ME series

Nutrition and Activity Resources for Families

Children's books that encourage exploration:

The Carrot Seed, Ruth Krauss, Harper Colins, 1973.

Grow a Totally Weird Garden, Andrews & McMeel (Editor), Peter Georgeson (Illustrator) / Paperback / Andrews McMeel Publishing / May 1996.

The Backyard Detectives, David T. Suzuki, Kim Fernandes (Illustrator), Eugenie Fernandes (Illustrator) / Paperback / General Distribution Services, Inc. / August 1996.

The Little Red Hen, Paul Galadone, Clarion, 1973.

Wombat Stew, Marcia Vaugn, Silver Burdett, 1986.

The Berenstain Bears and Too Much Junk Food, Stan and Jan Berenstain, Random House, 1985.

Who Eats What? Food Chains and Food Webs, Patricia Lauber, Darlene McCampbell, Holly Keller (Illustrator) / Paperback / HarperCollins Publishers / December 1994.

Cookbooks with recipes children can help prepare:

• *Pretend Soup and Other Recipes: A Cookbook for Preschoolers and Up*, Mollie Katzen, Ann Henderson, Ann Henderson, Tricycle Press / 1994.

• *The Healthy Body Cookbook: Over 50 Fun Activities and Recipes for Kids*, Joan D'Amico, Karen Eich Drummond, Tina Cash-Walsh (Illustrator) / Paperback / Wiley, John & Sons, Incorporated / December 1998.

• *Teaching Snacks*, Gayle Bittinger, Warren Publishing House, 1994. Healthy snack ideas children help prepare that make learning fun.

Nutrition and Physical Activity On-line Resources

Healthy Eating Habits

• <http://fns.usda.gov/tn/educators/index.htm>

Helping Children Eat Right-Questions and Answers

• <http://www.parentsplace.com>

Feeding Guidelines, Cooking with Kids, Recipes, Activities

• <http://www.kidfood.org>

Smart Kids Health Zone

Physical Activity for Kids

• <http://www.fitness.gov/funfit>

Tips for parents and kids to getting and staying healthy through activity and good eating.

• <http://www.fns.usda.gov/tn.Parents/index.htm>

Free colorful and fun handouts for parents outlining how to get energized and help the whole family get moving from the USDA Team Nutrition program.

• <http://www.bam.gov>

Center for Disease Control and Prevention web site for kids, parents, and teachers about getting and staying physically active as a family. Interactive for kids.

• <http://www.mediafamily.org/research/fact/tvandobchild.shtml>

Great activities for adults to do with kids. Suitable parent handouts in "fact-sheet" format.

Recipes/Food Activities for Kids/Families

• <http://www.TinyTummies.com>

An excellent nutrition and health newsletter for parents.

• <http://www.kidshealth.org/kid/>

Kidshealth

• <http://www.nutritionforkids.com>

Nutrition for kids

Tips to Keep Your Family Active and Healthy

1. Limit TV viewing to less than two hours a day.
 - Watch only a few favorite shows every week and watch TV as a family.
 - Save eating in front of the TV for special treats.
 - "NO TV" until homework and chores are done.
2. Do something outside with the kids each day before it gets dark.
 - Kids can take turns walking the dog with the parent or caregiver.
 - Stop at the playground on the way home from school.
 - Play outdoor hide-and-seek or catch in the yard before dinner.
3. Get creative, find new ways get a round town.
 - Get in the habit of walking or riding bikes to the library, post office, school, and the store.
 - Suggest riding a bike, skipping, jogging, or skateboarding to a friend's house (wear safety gear).
4. Find a recreation center that has activities for the family.
 - Call the YMCA, Boys and Girls Club, or other community recreation center. Look in your yellow pages, ask at your children's school or church for suggestions of places that offer reduced rates.
 - Make play dates for weekly outdoor or indoor games with the neighbors or school friends. Let the kids decide what to play.
5. Make every day an active day.
 - Park a little further from the entrance of where you are going.
 - When taking the bus, get off a stop early when you have the time and the weather is good.
 - Stretching, jumping jacks, running in place, and dancing is great fun anytime.
6. Make any activity fun and enjoyable.
 - When children see adults being happily active they will want to do the same.
 - Tell your children how proud you are of them for turning the television off and for getting up and getting active.
 - There are so many ways to be active, let the kids come up with their own ideas.
7. Eat meals together as often as possible.
 - Take turns deciding what to cook, setting the table, and cleaning up.
 - Talk to each other at the table: turn off the noise (TV, radio, computers).
 - Make meals simple and pleasant. Include foods that children can help prepare.
 - Make grocery shopping a family activity, include children in the planning and selecting of foods for the home.
8. Make sure that your home is safe and organized with room to play.
 - Look for sharp and pointed objects, be certain that cabinets with medications and cleaning supplies are locked, look for small objects that small children could choke on, look for chords that dangle, and be sure outlets are covered.
 - Decorate boxes for storing toys, label them with pictures so young children know where to put things, this helps to make for an easy cleanup time.
 - Get creative, and help children move furniture in order to make a fort or castle.

